

PEOPLE, PARKS,
AND PROGRAMS

Senior Center Network
GRAND TRAVERSE
COUNTY



BI-MONTHLY
ISSUES

May/Jun
2022

I know I dance like a senior. Try to keep up!

SENIOR CENTER NETWORK

LOCATIONS IN

Acme
Fife Lake
Interlochen
Kingsley
Traverse City

Grand Traverse County Senior Center Network

Membership: Grand Traverse County residents who are 60 years of age and over join FREE. Residents under 60 pay \$10 per year; all others pay \$50 per year. Seniors unable to pay the fee may apply for a scholarship. To contribute to the scholarship fund, call 231-922-4911 or visit the Traverse City location.

Acme: Samaritas Senior Living
4354 Mt. Hope Road, Williamsburg, Michigan 49690

Fife Lake: Fife Lake Public Library
77 Lakecrest Lane, Fife Lake, Michigan 49633

Interlochen: Redeemer Fellowship Center
1896 Rogers Road, Grawn, Michigan 49637

Kingsley: The Rock
115 E. Blair Street, Kingsley, Michigan 49649

Traverse City: Senior Center
801 E. Front Street, Traverse City, Michigan 49686

Manager: Michelle Krumm (mkrumm@gtcountymi.gov)



Grand Traverse Board of Commissioners

Betsy Coffia, District 1
Ron Clous, District 5
Rob Hentschel, Chair, District 7
Bryce Hundley, District 2
Brad Jewett, Vice Chair, District 3
Penny Morris, District 4
Darryl Nelson, District 6

The Grand Traverse County Board of Commissioners is the chief legislative and policy-making body of the Grand Traverse County Government. Commissioners are elected to 2-year terms from districts that are roughly equal in population. A chair is elected at the first meeting of each new term and a vice-chair is elected at the first meeting of each new year by the Commissioners.

Regular Meetings are held the first and third Wednesday of each month at 8:00 AM.

**Making longer lives,
better lives.**

CLOSINGS

All Grand Traverse County offices are closed Monday, May 30, 2022.

Have You Moved?

Has your e-mail address or phone number changed? Please contact the Senior Center Network with new information. Please be sure to add mmerrill@gtcountymi.gov and mkrumm@gtcountymi.gov to your address book so their e-mails to you do not wind up in the "spam" folder.

Senior Center Network Programs

For more information about program and activity schedules at all Senior Center Network locations, read this newsletter, visit www.gtcountymi.gov/scn online, or call 231-922-4911.

We are no longer requiring registration for most programs. If a reservations in necessary, **R.S.V.P.** will be noted in the program description.

When visiting Senior Center Network locations to participate in programs, anyone who feels more comfortable wearing a mask is welcome to do so. We want everyone to feel safe and welcomed. Frequent hand-washing and sanitizing, particularly when playing card games or participating in activities that involve multiple people touching the same surfaces, is encouraged.

During a healthcare-related services, such as footcare, all individuals are required to wear masks.

Grand Traverse County *Senior Center Network Newsletter* is a bi-monthly publication with the purpose of informing and to improve the quality of life among county residents, published by the Senior Center Network. To be added to the mailing list, call 231-922-4911 or send an e-mail to jkintner@gtcountymi.gov. Copyright © 2022 Grand Traverse County, 400 Boardman Avenue, Traverse City, Michigan 49684

FEATURED PROGRAMS

Registration only required where stated with program information.



Boomwhackers! and Cardio Drumming Launch Event

Kingsley: 115 E. Blair Street
Wednesday, May 18, 4 to 5 p.m. FREE

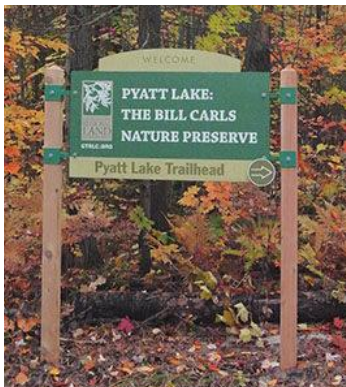


The Rock of Kingsley in local collaboration with the Grand Traverse County Senior Center will launch its regional intergenerational Boomwhackers! Program with a special event thanks to funding support provided by Grand Traverse Community Foundations. The Public is invited to join us for this intergenerational event where music and fitness join hands to create an experience that will leave you smiling. The event will kick off with a fun demonstration of cardio drumming led by Instructor, Karen McLain, then move into musical entertainment provided by professional performance artist Domonic Fortuna who is well-known for wowing millions on tv, stage and Broadway. Join us for this exciting event. Space is limited; **please RSVP by calling the Senior Center Network at 231-922-4911.**

Celebrate Your Age

Traverse City: 801 E. Front Street
Friday, June 24, 1:30 to 4 p.m. FREE

All members 80+ are invited for an ice cream social on the lawn. Join us as we celebrate you and all your life's accomplishments so far! **R.S.V.P. is required by calling the Senior Center Network at 231-922-4911.**



Birding Nature Walk

Traverse City: Pyatt Rd., Old Mission Peninsula
Tuesday, May 17, 8:30 a.m. FREE

Kirk Waterstripe, avid birder and author of Birder's guide to the Traverse City Area will be your tour guide in this exciting nature walk. This time of year, tens of thousands of birds pass through our area on their way to northern breeding grounds. Join us as we watch and listen to some of these feathered visitors at the Pyatt Lake: Bill Carls Nature Preserve on Old Mission Peninsula. The trail is improved for ADA accessibility, and we'll take some time on the platforms overlooking the wetlands.

Summer Sports Kick Off Breakfast

Traverse City: 801 E. Front Street
Thursday, May 19, 9 a.m.

Join us for a light continental breakfast followed by outdoor cleanup. Help us prepare our outdoor spaces for summer programs! **R.S.V.P. is required by May 13. Call the Senior Center Network at 231-922-4911.**

Shuffleboard

Traverse City: 801 E. Front Street
Tuesdays and Thursday, Beginning May 24
9:30 a.m. to 12 p.m. \$10 per season

Enjoy playing with a new teammate each day. Teams drawn at 9:45 a.m. sharp!



Pickleball

Traverse City: 801 E. Front Street
Mondays, Wednesdays, Fridays, \$10 per season
May 2 through 13, 12 to 3 p.m.
May 16 on, 9 a.m. to 12 p.m.

Enjoy this competitive game combining elements of Badminton, Ping-Pong and Tennis. Join this fastest growing sport in America. Facilitators and instructors needed.

Golf

Interlochen Golf Club
10586 US 131
Tuesdays, tee times beginning at 10:24 a.m.
Walking \$10, Riding \$20

Enjoy 9 holes of golf on Tuesdays in Interlochen. Tee times are at 10:24, 10:32, 10:40 and 10:48 on a first come first serve basis.

Beginner Paddleboarding

Traverse City: 801 E. Front Street
Wednesdays, beginning May 18, 3:30 p.m. \$3

This class will focus on mobility exercises as well as increase one's overall strength and balance on the safety of dry land. The goal is to make you a stronger, more efficient paddler and build confidence to enjoy the water this season. Equipment provided.

Hiking

Killingsworth Park: 2807 Chandler Lake Rd.
Wednesday, June 8, 9:30 a.m.

Muncie Lakes Pathway, Ranch Rudolf Road
Wednesday, June 29, 9:30 a.m.

Take time to go outside and enjoy nature with planned, three to four mile hikes led by Nancy and John Morris. Please arrive 10 minutes early, at the location specified, to be ready to hit the trails at 9:30 a.m. sharp.

Tennis

Traverse City: 801 E. Front Street
Tuesdays, Thursdays, 9 a.m. to 3 p.m.
\$10 per season

Open courts on a first come first serve basis.

Lessons Pickleball and Tennis

We are looking for skilled members interested in teaching lessons and facilitating beginners. Contact the Senior Center at 231-922-4911 if interested.



Golf

Bay Meadows
5550 Bay Meadows Dr.
Fridays, 10 a.m. Men
Fridays, 10:45 a.m. Women
Walking \$10, Riding \$16

Enjoy 9 holes of golf on Fridays in Traverse City. Tee times are on a first come first serve basis.

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SPECIAL PROGRAMS

Registration only required where stated with program information.



Introduction to Belly Dancing

Penny Nelson will be in Kingsley to lead an Introduction to Belly Dancing class practicing movements of the hips and torso, combined with laughter and fun to make this experience one you won't forget!

Kingsley: 115 E. Blair Street
Friday, May 13, 9 to 10 a.m. FREE

Watercolor Painting

Interlochen: 1896 Rogers Road
Six Thursday starting May 5
10 to 11:30 a.m.
\$50 for members; \$60 for those under 60 and out-of-county residents

Join retired art instructor Jane Radcliffe for a beginner/intermediate watercolor class. Jane will guide students to build and perfect your skills while completing a weekly project. Please bring your own supplies. Supply list available at www.gtcountymi.gov/scn. **R.S.V.P. is required by calling the Senior Center Network at 231-922-4911** along with advance payment by cash or check made out to Jane Radcliffe.



Healthy Balance

Traverse City: 801 E. Front Street
Monday, May 23, 2 p.m.
Following Move and Shout Fitness Class

Join us for a discussion about fall prevention and the importance of healthy balance! Our balance expert Jill Holden PT, will discuss the warning signs of fall risk; small changes you can make to identify and prevent common fall risks; and walk attendees through some brief exercises they can perform to strengthen their posture and decrease their risk of accidents.



**** Reminder all locations are scent free zones. Thank you for being courteous.**

LUNCH PROGRAMS

7

Registration is required for all lunch reservations by calling 231-947-5286.

Summer Celebration & Return of Hot Lunches!

Spend the afternoon enjoying a hot meal while listening to songs sung by Dominic Fortuna. After this toe tapping good time, there will be a few games to wind down the celebration. We hope to see you there! Lunch served at 12:00 with the show starting at 12:30 p.m.

Fife Lake Site

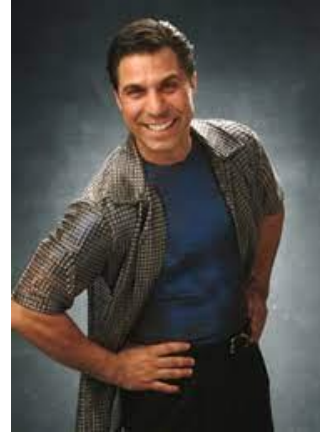
77 Lakecrest Lane
Tuesday, May 24
12 p.m.

Kingsley Site

115 E. Blair Street
Wednesday, May 25
12 p.m.

Interlochen Site

1896 Rogers Road
Thursday, May 26
12 p.m.



R.S.V.P. is required by calling the Senior Center Network lunch line at 231-947-5286.

Please call by Friday before the lunch week. Please leave your full name, phone number and the location you will be visiting. A \$3 donation is suggested for all lunches.



Lunch-N-Learn: Featuring PACENorth

Traverse City: 801 E. Front Street
Thursday, May 19, 12 p.m.

Come learn more about what PACE North can do for you. Eligibility and scope of services will be shared by Outreach Director, Lori Wells.

Cinco de Mayo Luncheon

Traverse City: 801 E. Front Street
Thursday, May 5, 11:30 a.m.

Special Guest: Happy Time Banjos

Enjoy a festive lunch at our Traverse City location with special guest, Happy Time Banjos. R.S.V.P. is required by calling the Senior Center Network lunch line at 231-947-5286.

SAVE THE DATE

Cinco de Mayo

MAY 5th

Lunch served at 11:30 AM

FEATURING:

Happy Time Banjos

RSVP 231.922.4911



TRAVEL 2022

WELCOME BACK TO TRAVEL

Travel 2022 has begun! There are many excited travel opportunities with seats still available. All reservations are on a first come first serve basis when all appropriate forms and fees have been received. For updated travel information please visit our website at www.gtcountymi.gov/scn or contact the senior center Network at 231-922-4911. If you have specific travel questions please contact Julie Kintner at 231-313-5947 or via email jkinntner@gtcountymi.gov.

ACTIVITY LEVEL GUIDE

1 2 3 4
EASY ← Activity Levels → HARD

- 1 = Easy: Some flat walking
- 2 = Moderate: Some stairs, flat walking
- 3 = Moderate Plus: Stairs, hills, uneven surface walking
- 4 = Strenuous: Lots of distance walking, stairs, hills

Day Trips

A trip registration is not final without a completed registration form for each one. All prices are per-person, due in full when making a reservation. Checks only, please. Insurance and gratuities are included for all day-trips. Within seven to 10 days prior to trip departure, day-trip registrants will receive a mailed postcard listing check-in times, approximate return times, and other necessary details. Trip registrations are accepted on a first-come, first-served basis. Trip reservations received after registration deadlines are not guaranteed.

Girls' Day Out: Full

June 2 \$139

This is the ultimate consignment store shop-hop at a mystery destination. Expect to explore and find treasures that simply cannot be found in traditional stores. A carefully planned route will take travelers to premiere consignment stores in style. Forget the hassle of finding a parking space, getting lost, or spending time looking for a good place to eat. Let the Senior Center Network do the work while you enjoy your day with friends.

Activity Level: 1



Summer Garden Tour, Grand Rapids

July 14 \$169

From master gardeners to casual enthusiasts, this tour provides a variety of topics and venues for everyone to enjoy. Deluxe motorcoach transportation, dinner, private tour of the Mast Round Plant Trial Gardens, Behind the Scenes Tour, tram ride, lunch at Frederick Meijer Gardens, and a guest lecture with local celebrity Rick Vuyst at Flowerland.

Activity Level: 2

Lighthouse Tour, Les Cheneaux Islands

Date: TBD Price: TBD Activity Level: TBD

Fall Mystery

Date: TBD Price: TBD Activity Level: TBD

Stay tuned for more information about the Lighthouse Tour, Les Cheneaux Islands, and the Fall Mystery Tour by visiting gtcountymi.gov/scn online.

Waiting List
Available

Extended Trips

A trip registration is not final without a completed registration form for each one. All prices are per person, based on double-occupancy. Deposit is due when registering. Insurance is included with most trip packages, or options are available. A pre-departure meeting will be held approximately seven to 10 days prior to the trip to discuss parking information, flight arrangements, detailed itineraries, and more. All prices and itineraries are subject to change, based on circumstances beyond the Senior Center Network's control.

Milwaukee, Laverne-and-Shirley-Style

July 19 through 22

Per person: Single \$1,093; Double \$869; Triple \$795; Quad \$757

Explore the sights of Milwaukee, including Milwaukee City Hall, Lakefront Brewery, Harley Davidson Museum, Clock Shadow Creamery, Original Cheesehead Factory, and more!

Activity Level: 2

Down in the Dumps and Toxic Tour

August 2 through 4

Per person: Single \$786; Double \$665; Triple \$635; Quad \$591

For generations, Southland Chicago has been the dumping ground for much of the city's industrial and sanitation waste. Join our guide, a 25-year board member of the Southeast Environmental Task Force, who will review environmental issues that impact the community. This is a unique opportunity to explore significant industrial and natural sites and hear about their positive and negative impacts. Highlights: Wild Blossom Meadery, Lotton Art Glass, Tour of Pullman District.

Activity Level: 2

New York and the Hudson River Valley

September 16 through 22

Per person: Single \$4,598; Double \$3,549; \$400 per-person deposit, insurance is included. Roundtrip airfare from Cherry Capital Airport, Traverse City. Narrated sightseeing tour of New York City, including Central Park, Greenwich Village, Brooklyn Bridge, Times Square, and Rockefeller Center. See a smash Broadway show. Cruise to Ellis Island and see the Statue of Liberty. Tour West Point Military Academy, the Staatsburgh Mansion, the 18th-century Dutch Manor, Mount Gulian, and more. Experience a narrated Hudson River cruise aboard the Rip Van Winkle.

Activity Level: 3



Shades of Ireland

September 26 through October 5

Seats still available. Please contact Julie Kintner, 231-313-5947, for up to date pricing and information.

Roundtrip airfare from Cherry Capital Airport, Traverse City. From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle. Choose how to explore the city of Dublin. Kiss the Blarney Stone at historic Blarney Castle. See Killarney from an Irish jaunting car. Experience the world-famous beauty of the Ring of Kerry. See sheepdogs in action on a working farm. Stand in awe atop the stunning 700-foot Cliffs of Moher. Live like royalty during an overnight stay on castle grounds. A vibrant blend of captivating culture and stunning nature, this is the Ireland always imagined.

Activity Level: 2

Trick-or-treating, Shipshewana Style

October 11 through 13

Per Person: Single \$744; Double \$655; Triple \$615; Quad \$595

Experience the best Shipshewana has to offer. Fall is the perfect time to enjoy this part of the country. Take in two performances. Spend free time in downtown Shipshewana. Take a buggy ride. Tour the countryside brown-bag-style, the best type of Trick-or-treating. Every stop offers a local goodie to take home, and you don't even have to dress up.

Activity Level: 2

Grand Experience

October 18 through 21

Per Person: Single \$1239; Double \$922; Triple \$897;

For all the details on this Mackinac Island adventure please see page 11.

Activity Level: 2

10 FEATURED TRIPS

Welcome back to Travel

2022 Travel

Summer Garden Tour



Explore a variety of garden topics and venues.

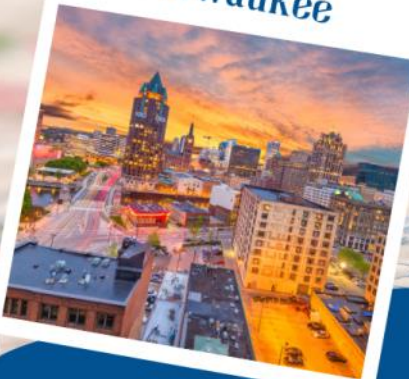
July 14

- ✓ Day Trip
- ✓ Guided Tours
- ✓ Frederick Meijer Gardens
- ✓ Flowerland Tour & Lecture
- ✓ Lunch & Dinner
- ✓ Transportation

1

ACTIVITY
LEVEL

Milwaukee



Enjoy a tour of Milwaukee Laverne and Shirley Style.

July 19-22

- ✓ 4- Day trip
- ✓ Guided Tours
- ✓ Brewery Tours
- ✓ Accommodations
- ✓ 3 Meals Included
- ✓ Transportation

2

ACTIVITY
LEVEL

New York



Experience a narrated tour of New York City and more.

Sept. 16-22

- ✓ Extended Trip
- ✓ Narrated Tours
- ✓ Broadway Show
- ✓ 10 Meals Included
- ✓ Cruise to Ellis Island & the Hudson River

3

ACTIVITY
LEVEL

RESERVE
NOW!

Contact Us:
Julie Kintner
231-313-5947
jkintner@gtcountymi.gov

Senior Center Network
GRAND TRAVERSE
COUNTY

Mackinac Island October 18 through 21



\$1249.00 Per Person/Single Occ.
\$932.00 Per Person/Double Occ.
\$907.00 Per Person/Triple Occ.

(No Refunds) Activity Level: 2

Per Person Pricing
Deposit \$250.00
Due by June 3, 2022
Final payment due by
August 12

Departure: Tuesday, October 18

Traverse City: 8:30 a.m.

Elk Rapids: 9:00 a.m.

Approximate Return Time

Friday, October 21, 5:00 p.m.

- Roundtrip motorcoach and ferry
- Accommodations at the Grand Hotel
- 3 nights, 4 days
- 3 breakfasts, afternoon tea, 4 course dinner
- Hotel History tour and Island Carriage Tour
- Nightly dancing with Grand Hotel orchestra
- Daily activities, bocce, chipping, and more
- Discounts on golf, bicycle rentals, photos
- Add on activities for additional fees may include: Wine Tasting, beading workshop, ballroom dance lessons and kitchen tour may be available for additional fee.
- Travel Insurance available for additional fee.
- Above information is subject to change.

REGULAR PROGRAMS

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Registration only required where stated with program information.



VIRTUAL EXERCISE

Broadcast on Channel 189 for Spectrum Charter customers. For others with Internet access, enjoy these programs any time at www.gtcountymi.gov/scn. Select "Virtual Programming."

Energetics

Certified Personal Trainer Karen Belanger uses music, mats, stretch bands, balls, and all kinds of tricks to keep this class fresh, interesting, and challenging.

Tuesdays and Thursdays, 9 a.m.

Yoga

Classes for men and women, led by certified instructors. Gain strength and flexibility, and improve balance. For virtual classes, yoga mats, blocks, and blankets are available at the Traverse City location.

Chair Yoga: Mondays, 8 a.m.

Mat Yoga: Fridays, 9 a.m.

IN-PERSON EXERCISE

Yoga

Relax your mind and body with this slow, controlled fitness combining physical postures, breathing techniques, and meditations to improve strength, balance and flexibility.

Fife Lake: 77 Lakecrest Lane

Fridays at 9 a.m. FREE

Volunteer-led with video instruction. Equipment required.

Traverse City: 801 E. Front Street

Tuesdays, 8:30 a.m. \$5

Through May 31

Led by Jeanna Seidelman.

Equipment available.

Chair Yoga

A slower paced yoga done in the safety of a chair. Equipment provided.

Kingsley: 115 E. Blair Street

Wednesdays and Fridays, 9:30 a.m. \$2

Led by Susan Walters

Interlochen: 1896 Rogers Road

Mondays and Thursdays, 8:15 a.m. \$3

Led by Jeanett Joy.

Yoga on the Beach

Instructor Sarah Townsend leads this gentle-flow yoga class for all levels.

Traverse City: 801 E. Front Street

Tuesdays, 10:30 a.m. \$5

Beginning June 6

Fitness Over 50

Everyone is welcome to join this fun and friendly workout put to music and using weights, stretch bands, and chairs for safe and low impact fitness. All equipment is provided.

Fife Lake: 77 Lakecrest Lane

Tuesdays and Thursdays,

10:30 a.m. FREE

Led by Karen Long.

Interlochen: 1896 Rogers Road

Mondays and Thursdays, 10 a.m. \$3

Led by Karen McLain.

Move and Shout

Olivia McCrillis leads this dynamic, high-energy class which integrates cognitive challenges with exercise and vocal components geared toward diagnoses such as Parkinson's, dementia, Alzheimer's, and more. Come prepared to move and shout (all while seated). Equipment provided.

Traverse City: 801 E. Front Street

Mondays, 12:45 p.m. \$5



16 REGULAR PROGRAMS

Registration only required where stated with program information.

Strength for Life

Kate Schumacher MS, OTR/L leads this program which will improve muscle strength and endurance in a circuit training format. Modifications will be provided as needed for optimal performance.

Traverse City: 801 E. Front Street
Mondays, 8:30 to 9:15 a.m. \$5
(No class May 2 or June 6)

Balance Training

Kate Schumacher MS, OTR/L leads this class utilizing elements inspired by dance, Pilates, barre, yoga, kickboxing and tai chi to create a fun, challenging class for improved balance.

Traverse City: 801 E. Front Street
Fridays, 8:30 to 9:15 a.m. \$5
(No class May 6)



Pilates

Led by Bridgit Franke, the goal of this program is to restore the natural curves of the spine and re-balance muscles around joints. Emphasis on the body's core to improve balance, coordination, and circulation.

Traverse City: 801 E. Front Street
Wednesdays, 10 a.m. \$5

Zumba (™)

Certified instructor Martha Hubbell leads this program which fuses Spanish language, hypnotic Latin rhythms, and easy-to-follow moves for a fitness routine that will blow you away.

Traverse City: 801 E. Front Street
Mondays, 2 p.m. \$5



Cardio Drumming

This class which takes the simple movement of drumming and transforms it into a full-body workout. Cardio drumming marries drumsticks, an exercise ball, and stand to create the most fun seated workout ever. Equipment provided.

Traverse City: 801 E. Front Street
Thursdays, 2:30 p.m. \$5
Led by Olivia McCrillis

Interlochen: 1896 Rogers Road
Mondays and Thursdays, 10:30 a.m. \$3
Led by Karen McClain.

DANCING

Line Dancing: Intermediate

Enjoy some toe tapping fun. Classes led by Nancy Dloski with a variety of dances.

Traverse City: 801 E. Front Street
Tuesdays, 1 to 2:30 p.m. \$5

Line Dancing Lessons: Beginner

Enjoy some toe-tapping fun. Classes led by Nancy Dloski with a variety of beginner and basic dance steps.

Traverse City: 801 E. Front Street
Tuesdays, 2:30 to 3:30 p.m. \$5

Line Dancing: Beginner

Barb Chapman leads this toe tapping fun class for anyone who wants to learn or practice a variety of beginner dance steps. Food pantry donations accepted.

Interlochen: 1896 Rogers Road
Mondays, 11:30 a.m. FREE

**** Reminder all locations are scent free zones. Thank you for being courteous.**



SUPPORT AND ASSISTANCE

Ask the Lawyer

Estate planning attorney Jim Dalrymple hosts 15-minute in person sessions. **Appointment is required by calling the Senior Center Network at 231-922-4911.**

Traverse City: 801 E. Front Street
Wednesdays, May 4 and June 1
12:30 to 2 p.m. FREE

Legal Services of Northern Michigan

Although its offices are closed, Legal Services of Northern Michigan is taking telephone calls, answering e-mails, and accepting facsimiles to assist clients. Seniors seeking legal assistance may call 231-941-0771 between 8 a.m. and 12 p.m., and between 1 and 4 p.m.

Grief Support (Teleconference)

Munson Bereavement offers teleconferencing to provide weekly grief support on Tuesdays at 11 a.m. Conference call is available to anyone experiencing grief or loss. Hosted by grief professional Erin Gray with Munson Hospice, this session is a friendly check-in for those living with loss and who would like help understanding grief. Newly bereaved are welcomed.

Instructions

1. **RSVP:** To either HospiceBereavement@mhc.net or by calling 800-252-2065 to receive a passcode. Turnaround time is faster when responding to the e-mail address. It is only necessary to respond once, because the same passcode is used each week.
2. **Call:** Dial 231-213-0100. If the line is busy, call 231-935-3400.
3. **Provide Conference ID:** The system will prompt for a Conference ID. Enter 21932#.
4. **Provide Passcode:** The system will prompt for a passcode. Enter the code you received from the Bereavement Office, followed by the # sign.
5. **Join the Teleconference:** Announce yourself and join the group.

Tech Club

Receive tech assistance with all devices from teen volunteers. **Appointment is required by calling the Senior Center Network at 231-922-4911.**

Traverse City: 801 E. Front Street
Monday, May 23
3:45 to 4:45 p.m. FREE



The Senior Center Network is partnering with Meals on Wheels to offer a variety of food programs to area seniors.

Hot Lunch

We are excited to nourish our senior network with hot meals again! We will offer hot meals in a welcoming setting three times a week. The Hot Meal Program is so much more than community dining. We provide a great lunch in a safe environment to connect with new friends and engage as part of the community. A donation of \$3.00 is suggested for those 60+. For those 59 and under the cost is \$5.

Fife Lake: 77 Lakecrest Lane
Tuesdays, 12 p.m.

Traverse City: 801 E. Front Street
Tuesdays, Wednesdays, and Thursdays
11:30 a.m.

Kingsley: 115 E. Blair Street
Wednesdays, 12 p.m.

Interlochen: 1896 Rogers Road
Thursdays, 12 p.m.

R.S.V.P required. For a hot lunch reservation call 231-947-5286 by Friday before the lunch week. Please leave your full name, phone number and the location you will be visiting.



Birthday Luncheons

Enjoy a special birthday treat the weeks of May 23 and June 27, at each location during lunch.

18 REGULAR PROGRAMS

Registration only required where stated with program information.

Meals on Wheels

Volunteer drivers deliver Meals on Wheels to the homes of those who have registered, and leave meals on porches or near front doors for easy access, according to recipients' specific instructions. Residents of Grand Traverse, Leelanau, Wexford, Missaukee, and Manistee counties may register for this program by calling 231-947-3780, extension 1. Residents from other counties may call their counties' Commissions on Aging.

Food Insecurity?

If you or someone you know does not have enough food, call the Senior Center Network at 231-922-4911 for information about food pantries, food assistance from the State of Michigan, and restaurants offering take-out and delivery services. Don't be hungry, please let us help.

HEALTH AND WELLNESS

Foot Care

A Registered Nurse cleans, files, trims nails; removes calluses; moisturizes; and gently massages feet. Bring a towel and water basin. Customers are billed with no payment expected at time of service. Services provided by Grand Traverse County Commission on Aging (COA) licensed staff. Eligibility: 60 years of age and over and a resident of Grand Traverse County. Those not presently COA clients will be asked to complete a pre-assessment form to determine fee for service, based on a sliding scale relative to one's income. **Appointment is required by calling the Senior Center Network at 231-922-4911.**

Traverse City: 801 E. Front Street
Thursdays, May 5, May 19, June 2, June 16
9 a.m. to 12:45 p.m.

Kingsley: 115 E. Blair Street
Friday, May 20, 9 a.m. to 12:45 p.m.

Interlochen: 1896 Rogers Rd.
Monday, June 20, 9 a.m. to 12:45 p.m.

Chair Massage

Dr. Joel Roskamp offers 15-minute chair massages. **Appointment is required by calling the Senior Center Network at 231-922-4911.**

Traverse City: 801 E. Front Street
Tuesdays, May 24 and June 28
1:30 p.m. \$5, Mask required



Reiki

This Japanese technique is used to reduce stress, provide relaxation and healing by placing hands on or hovering over troublesome areas. **Appointment is required by calling the Senior Center Network at 231-922-4911.**

Traverse City: 801 E. Front Street
Tuesdays, May 10 and June 14
9:30 a.m. \$5 Mask Required
15 minute sessions
Reiki Master Donna DeSoto

Traverse City: 801 E. Front Street
Thursday, May 26 and June 23
11:30 a.m. \$5 Mask required
15 Minute sessions
Reiki Master Jeana Seidelman

Kingsley: 115 E. Blair Street
Fridays, May 6 and 20
Fridays, June 3, 10, and 24
9 a.m. \$15.00
30 Minutes sessions
Reiki Master Mark Zale





GAMES

Card Day

Traverse City: 801 E. Front Street
Every Wednesday FREE

Hand and Foot: 10 a.m. to 4 p.m.

Poker: 1 to 3 p.m.

Euchre: 1 to 4 p.m.

Pinochle

Traverse City: 801 E. Front Street
Fridays, 12 to 4 p.m. Free

Cribbage

Traverse City: 801 E. Front Street
Mondays, 1 to 4 p.m. FREE

Mah Jongg

Ancient Chinese tile game played by four individuals.

Traverse City: 801 E. Front Street
Tuesdays, 12:30 to 4 p.m. FREE

BINGO

Enjoy a fun hour of this classic game with your friends. Regular and special games along with a variety of prizes.

Kingsley: 115 E. Blair Street
Wednesdays, 10:45 to 11:45 a.m. \$1



Seeking a Bridge facilitator! We have interested members that would like to join a group.

Seeking tech assistant! Someone to assist members with their smartphones and computers on a one on one basis.

Euchre

Single player with individual scoring. Experience is necessary for team play. Lessons available upon request. Please contact the senior center for lessons.

Interlochen: 1896 Rogers Road
Mondays, 1 to 3:30 p.m. \$1

Kingsley: 115 E. Blair Street
Fridays, 10:45 a.m. to 1:30 p.m. \$1

Traverse City: 801 E. Front Street
Wednesdays, 1 to 4 p.m. FREE

Piggit Hoggit

Euchre taken to the next level. Fun and fast paced.

Kingsley: 115 E. Blair Street
Wednesdays, 12:30 to 2 p.m. \$1

Interlochen: 1896 Rogers Road
Thursdays, 1 to 3:30 p.m. \$1

Billiards

Enjoy a game on a first-come, first-served basis. Equipment provided.

Kingsley: 115 E. Blair Street
Wednesdays and Fridays, 10:30 to 11:30 a.m. FREE

Traverse City: 801 E. Front Street
Thursdays, 8:30 to 10:30 a.m. FREE



Table Tennis

Equipment provided.

Traverse City: 801 E. Front Street
Wednesdays, 11:30 a.m. to 2 p.m. FREE

20 REGULAR PROGRAMS

Registration only required where stated with program information.



Music

Rock N Jam

Enjoy this multigenerational program with live music and dancing at the Rock. Everyone is welcome to share their talent or to sit back and enjoy the music. Donations are taken at the door. Snack shack is open. For more information call the Rock Youth Center at 231-263-7000. Registration is not required.

Kingsley: 115 E. Blair Street
Saturday, May 14 and June 11
5 to 7 p.m. FREE



Create

Drop-in Art

Bring your supplies and projects for painting, drawing, coloring and sketching with friends.

Traverse City: 801 E. Front Street
Thursdays, 1 to 2 p.m. FREE

Interlochen: 1896 Rogers Road
Thursdays, 12:30 to 2:30 p.m. Free



Stitches of Kindness

All skill levels are welcome to join in creating these "blankets of love". The finished quilts are distributed annually to local EMS responders to comfort neighbors in need. There is something for everyone to do. The group meets the second Thursday of the month. For more information, contact Samaritas at 231-938-4673.

Acme (Samaritas): 4354 Mt. Hope Road
Thursday, May 12, 3 to 5 p.m.
Thursday, June 9, 3 to 5 p.m.

Hobby Group

Bring knitting, crocheting, needlepoint, and other hobbies. Share projects, tips, and tricks.

Traverse City: 801 E. Front Street
Mondays, 10 a.m. to 12 p.m. FREE

Watercolor Basics

Join art enthusiast, Nancy Mullkoff to learn the basics of skills of watercolor including, materials and techniques: wet on wet, wet on dry, splatter. Please bring your own materials.

Traverse City: 801 E. Front Street
Thursdays, 12 to 1 p.m. \$5

GROUPS

To register and be placed on a contact list for any of the following groups, call 231-922-4911.

Men's Group

Men-only group meets to discuss all topics. Great opportunity to make new friends and share common interests.

Traverse City: Locations vary
Fridays, 12 p.m. FREE

Girlfriends' Group

Ladies-only group which gathers to do whatever it plans, such as having lunch, shopping, and visiting local tourist attractions.

Traverse City: Locations vary
Fridays; times vary.

Current and Ethical Issues Discussion

Discuss everything from local politics to worldly concerns. No topic is off the table. Please, just keep it civil. Voice interests or sit and listen. New members and facilitators needed.

Traverse City: 801 E. Front Street
Thursdays, 9:30 to 10:30 a.m. FREE

ORGANIZATIONS

Northland Weavers and Fiber Arts Guild

Public welcomed to workshops that will further one's experience and enhance creative knowledge of all fiber arts. For more information, visit www.northlandweaversguild.com on line.

Traverse City: 801 E. Front Street
Thursday, May 19 and June 16, 5:30 to 8 p.m.
Meetings are held the third Thursday of the month.

Grand Traverse Beekeepers Club

Public welcomed. Beekeepers and those who want to support local honeybees and native pollinators are welcomed. Club offers seasonal seminars on bee-related topics, such as pollinator gardening, bee-friendly habitat, and "beyond honey." If interested in attending, contact Christina at christina@gtbees.com or call 231-313-6584.

Traverse City: 801 E. Front Street
Thursdays, May 5 and June 2
6:30 to 8:30 p.m. FREE

Parkinson's Network North Support Group: Help Is Available

For those living with Parkinson's Disease and their loved ones, Hettie Molvang answers questions, provides support, and offers resources to help navigate through the diagnosis. She is also available to provide invaluable, one-on-one support. Call 231-947-7389 or visit www.pnntc.org on line. Her advice to all is, "Meds on time. Keep singing out loud. Moving, moving, moving!"

Traverse City: 801 E. Front Street
Thursdays, May 12 and June 9
11 a.m. to 1 p.m. FREE



Stroke Club

The purpose of the Stroke Club is to provide education and emotional/social support to stroke survivors in the Grand Traverse Region facilitated by Munson Patient Care Specialist, Melinda Hollands, LMSW

Dial in for virtual meetings: 701-802-5194

Access Code: 309845

May 11 and June 8, 2:30 to 4:30 p.m.

OUTDOOR SPORTS

See page 5 for activity descriptions.

Summer Sports Kick Off Breakfast

Traverse City: 801 E. Front Street
Thursday, May 19, 9 a.m.

Beginner Paddleboarding

Traverse City: 801 E. Front Street
Wednesdays, beginning May 18, 3:30 p.m. \$3

Golf

Interlochen Golf Club

10586 US 131

Tuesdays, tee times beginning at 10:24 a.m.

Walking \$10, Riding \$20

Bay Meadows

5550 Bay Meadows Dr.

Fridays, 10 a.m. Men

Fridays, 10:45 a.m. Women

Walking \$10, Riding \$16

Hiking

Facilitators needed

See page 5 for planned hikes

Contact the Senior Center for more details at 231-922-4911.



Pickleball

Traverse City: 801 E. Front Street
Mondays, Wednesdays, Fridays, \$10 per season
May 2 through 13, 12 to 3 p.m.
May 16 on, 9 a.m. to 12 p.m.

Shuffleboard

Traverse City: 801 E. Front Street
Tuesdays and Thursday, Beginning May 24
9:30 a.m. to 12 p.m. \$10 per season

Tennis

Traverse City: 801 E. Front Street
Tuesdays, Thursdays, 9 a.m. to 3 p.m.
\$10 per season

Shredding Totes

This year we're dedicating two weeks to Mother Earth and lowering our carbon footprint. Paper shredding is an eco-friendly way to destroy confidential documents securely while protecting our planet. Each location will have a dedicated drop off site, May 9-16 during office hours.

Traverse City: 801 E. Front Street
Monday thru Friday: 8 a.m. to 4:30 p.m. Free

Interlochen: 1896 Rogers Road
Mondays and Thursdays: 8 a.m. to 3 p.m. Free

Fife Lake: 77 Lakecrest Lane
Tuesdays, 9 a.m. to 1 p.m. Free

Kingsley: 115 E. Blair Street
Wednesdays and Fridays: 9 a.m. to 2 p.m. Free



Fire Extinguisher Check

Dave Nofftz will be in Kingsley to check your fire extinguishers to make sure they are fully operational.

Kingsley: 115 E. Blair Street
Wednesday, May 11, 10:30 a.m. FREE

Consumer Alerts and Scams

For up to date consumer alerts or to report a scam, please contact the Attorney General or visit the website <https://www.michigan.gov/ag> to complete a form.

Michigan Department of Attorney General
Consumer Protection Division
Phone: 877-765-8388 (Toll Free for Michigan Residents)
Phone: 517-335-7599



Oleson's Community Share Program

We are a registered participant in Oleson's program. Please save your receipts and turn them into any of our Network locations. All monies redeemed will be used to fund free events, equipment and activities for members of the Senior Center Network.

We have many opportunities for new Instructors, Facilitators and Volunteers. Each location has a variety of tasks that are necessary to keep our current programs running smoothly and to add additional programs. If you feel this is an area you can serve, please contact the Senior Center Network at 231-922-4911 or stop by any location to fill out a volunteer application. Please see the list of current openings we have. We will work with you to find what works for your schedule!

Volunteer of the Month

Congratulations Pat Shearer!
Thank you for all you do to
keep the Senior Center
Network running smooth!



Technology Assistance: Working one on one to assist members with specific topics; general phone help, texting, apps, computer emailing, etc. This is done by appointment.

Outside Chek-In: Checking in members who are participating at the program. This position is great for a member that's already participating in the program. Volunteer would come in a few minutes before activity and staying a few minutes after to verify participation.

Open Positions

- Front desk receptionists
- Lunch servers
- Party helpers
- Fitness instructors
- Crafters/artists to lead classes
- Musicians to play at events
- Hiking facilitators (you pick the hikes!)
- Programs facilitators
- Event photographers/videographers
- BINGO callers
- Newsletter assistance
- Technology support for computers and phones
- "BATA Buddies": show new BATA riders the ropes
- Sub: Fill in here and there

Check the Senior Network's website at www.gtcountymi.gov/scn or call the Senior Center Network at 231-922-4911 for additional listings and a volunteer application.

Please help us to continue growing our programs by assisting at the programs you attend. Tasks that need to be done before and after events: chairs and tables organized and put away, tables wiped with disinfectant, dishes and garbage taken care of and supplies put away. These are your programs and we will do our best to accommodate everyone with appropriate time and locations for all programs. Thanks for helping us, we appreciate all you do!

ALWAYS 
little
Kinder 
necessary

801 E. Front Street
Traverse City, MI 49686
231-922-4911
Weekdays, 8 a.m. to 4:30 p.m.
gtcountymi.gov/scn

Locations in: Acme, Fife Lake,
Interlochen, Kingsley, Traverse City

Pre-Sorted Std.
U.S. Postage
PAID
Traverse City, MI
Permit No. 229



While most of us are aware of the traditional physical ways of improving our heart health, did you know that practicing kindness can help, too? Kindness can improve your heart rate, lower your blood pressure, and reduce stress levels within yourself and the people around you. Being kind to someone can not only make them feel supported and cared for but can also make you feel good, too. Kindness releases feel-good hormones and boosts your serotonin. Like exercise, selflessness (kindness) also releases endorphins, a phenomenon known as a “helper's high”.

Random acts of kindness, however small, can have the power to brighten someone's (and your) day. We don't give enough credit to how often our interactions shape the lives of other people.

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” — Maya Angelou

Michelle Krumm, Manager, Senior Center Network

Keep your contact information up to date. Call 231-922-4911
or send an e-mail mmerrill@gtcountymi.gov to provide current information.

POSTMASTER: Send address changes to 801 E. Front Street, Traverse City, Michigan 49686.

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